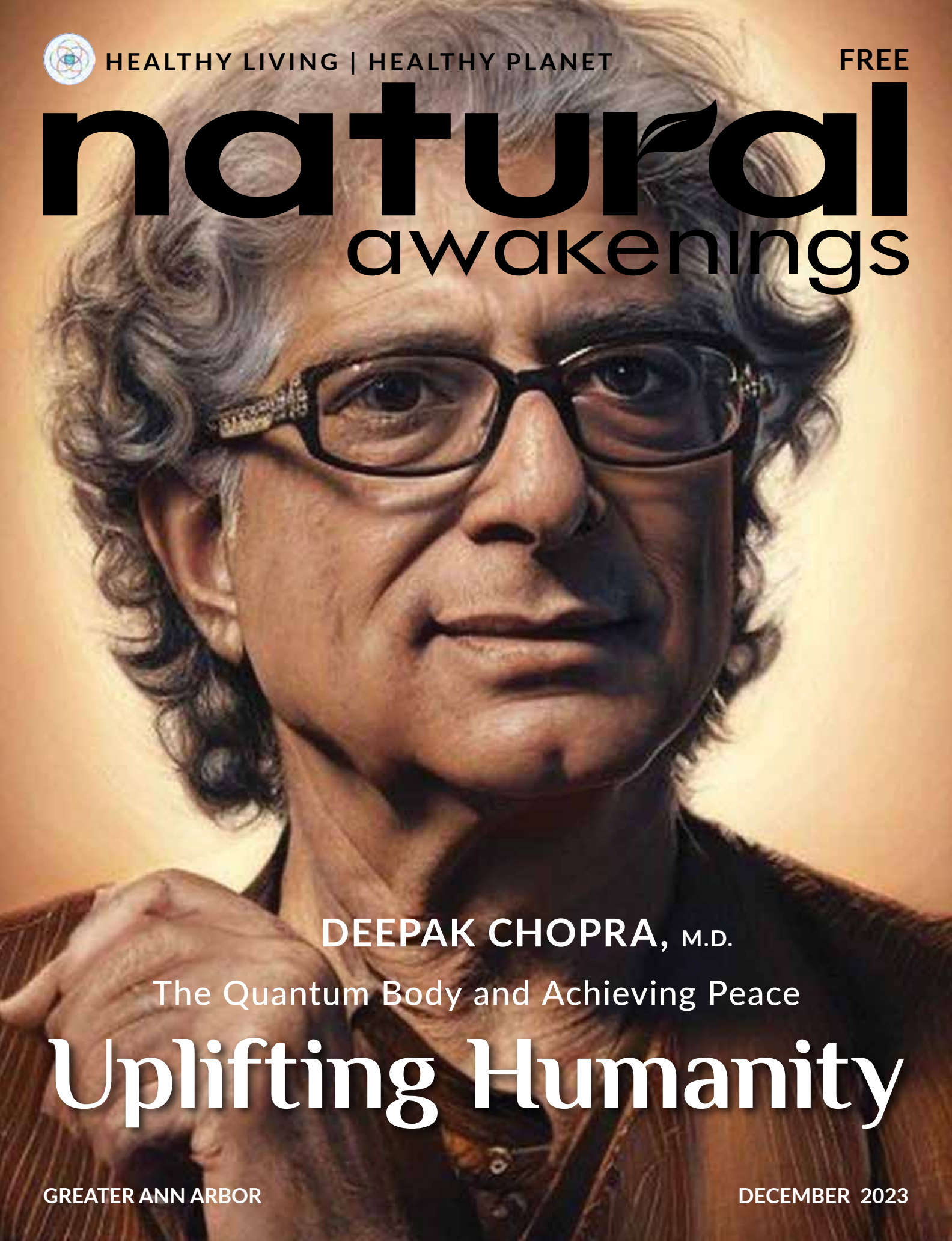

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letter from the publishers

Making Spirits Brighter

The hustle and bustle of the holiday season can often overshadow the joy we're seeking to celebrate, but amidst the commotion, we have an opportunity to reconnect with nature's stillness and restore our own energy—the gift of self. By making conscious choices like being realistic with our finances, simplifying our obligations and holding firm to our authenticity, we can remain fully present in each moment. Part of what does that for me is honoring and celebrating the Earth, so this eco-friendly holiday edition, infused with themes on uplifting humanity, is very well-timed.

The environmental impact of traditional holiday celebrations is far-reaching, but look no further than this month's Eco Tip offering practical suggestions for hosting an Earth-friendly holiday party. You can absolutely reduce your carbon footprint while ringing in the new year. Here are some small steps that I personally plan to do to help make a difference this season: use locally sourced and seasonal ingredients, send digital invitations/greetings, choose sustainable decorations like pine cones and repurposed items, give handmade gifts, plan a zero-waste menu and compost our food scraps.

Be sure to read this month's Conscious Eating department article if you're planning to host, because it is a true survival guide for planning a feast that fits any dietary need. You'll be able to create a diverse and delicious spread prioritizing allergy awareness and embracing alternative ingredients. We've even included recipes that will help your gatherings to be inclusive, sustainable and truly memorable.

As the season of donations is also upon us, it's important to understand the impact used clothing may have on the environment. Unfortunately, massive amounts of garments still end up in landfills every day, and many retail stores actually choose to discard unsold clothing instead of donating it. Our Green Living department helps map out which charities are the most ethical and explores the considerations for donating clothing of your own.

Along these lines, I am so excited to announce that I've been helping my daughter Cassidy open an upscale thrift store in the heart of Dexter next to the park. Cass & Co, Reuse Re-love Re-purpose carries hand-picked, upscale items including shoes and bags, vintage jewelry and designer clothing with many all-natural materials including wool, cotton, silk, cashmere and linen, The grand opening and ribbon-cutting ceremony will take place December 8 at 4 p.m.—the same day as Light Up Dexter. Be sure to stop by and say, "Hi!"

And, oh the joy of spoiling our beloved pets with toys, treats and accessories! Our Natural Pet department is a must-read because not only is making DIY gifts a fun and creative activity, it is also an environmentally conscious action. You can use recycled materials and avoid buying products with excessive packaging—another great way to simplify and green-up the season.

During this holiday season and beyond, we wish you the bliss, magic and wonder of new and natural awakenings. Let's prioritize inner peace, generosity and hope as we create beautiful memories that nourish our spirits.

Sending blessings of peace, love and joy to each of you!

Trina & John

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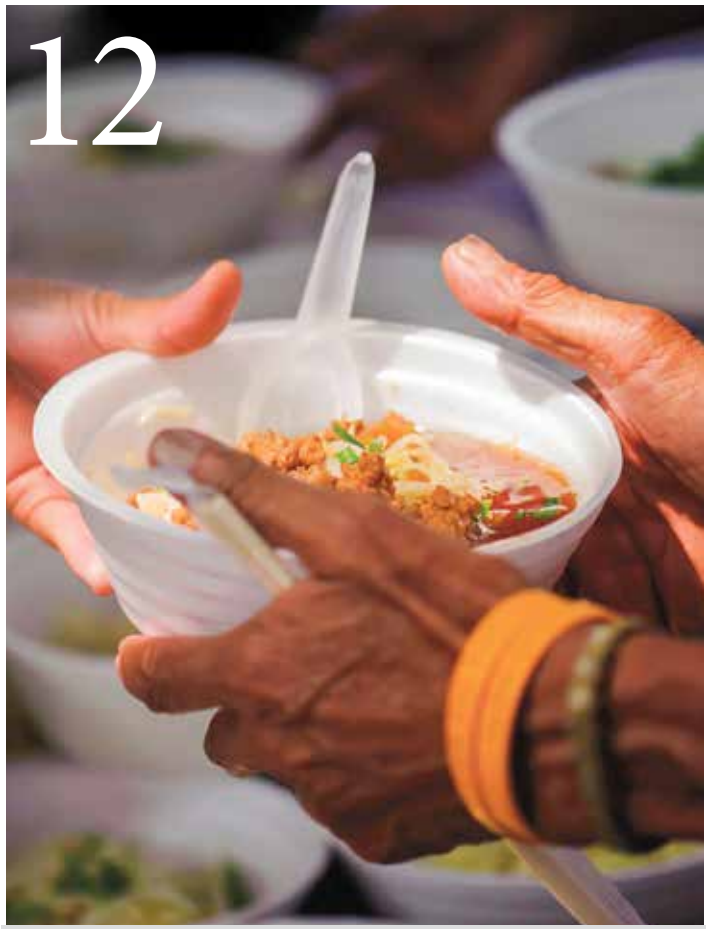
Natural Awakenings is your guide to a healthier, more balanced life. In each issue you'll find cutting-edge information on natural health, nutrition, fitness, personal growth, green living, creative expression and the products and services that support a healthy lifestyle.



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Herbal Medicine Classes Forming

The Ann Arbor School of Massage, Herbal & Natural Medicine is offering a new 2024 herbal medicine studies series the third Saturday of every month next year. Registration is open now.

Owner Mary Light, ND, MH, LMT, says, "The mission of the series is to empower participants in the use and understanding of applied natural medicine and herbal medicine methods and techniques for personal or clinical use. Students will learn to create, make, store, apply and use a variety of herbal medicines upon completion. Hands on!"

They will also discover which body systems, physiology and health conditions the herbal formulations should be used for or applied to for improved well-being.

Location: 3684 W. Liberty Rd., Ann Arbor. For more information, call 734-769-7794 or visit NaturopathicSchoolOfAnnArbor.net/services. See ad page 29.

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Rosanne Emanuele

At Emanuele Acupuncture Center, owner Rosanne Emanuele is the only practitioner in the area that combines both Chinese and Japanese acupuncture styles. She says, "At this dramatic time in our contemporary life, despite the invitation to feel overwhelmed, acupuncture can treat and reconnect the body to its pre-coded healing nature. A surprisingly pleasant experience awaits you."

Emanuele is certified by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM).

Location: 2350 Washtenaw, Ste. 10, Ann Arbor. For appointments and more information, call 734-302-7300 or visit Emanuele Acupuncture.com. See ad page 30.

Concordia Natural Product Sciences Program Now Enrolling

Concordia University's Natural Product Sciences program is for those pursuing a master's degree, and the next session begins in January 2024. The 30-credit program that is offered in both eight-week and 16-week sessions is comprised of 100 percent online courses and will provide the knowledge and skills to navigate the changing and growing field of natural products. It is available from any location online.

Students will discover the who, what and why of natural medicines in order to help introduce new products and improve on current offerings. They can specialize in medical cannabis or nutraceuticals and engage in comprehensive studies that address the history, business side and therapeutic benefits and risks of these natural-based products to become a trusted expert in industries such as health care, pharmacy, research and development, and manufacturing with this graduate degree.

For more information or to apply for the online program, visit Tinyurl.com/CUWonline. See ad, page 24.

Health Coaching with Candice

Candice Currie

ACE-Certified Health Coach Candice Currie, owner of Optimize You: Massage Therapy and Lifestyle Coaching, helps clients think about health, fitness and nutrition in a totally different way. Health Coaching with Candice is a 12-week commitment that offers individualized one-on-one attention. She is scheduling free coaching consultations for clients ready to start working together in the new year.

Currie says, "When healthy feels hard, it may be time to think outside the box. It doesn't have to be so hard and forced to create a healthier life, but we do need to understand what needs, motivations and values may be taking priority and throwing our health on the back burner. When people see the bigger picture, that is when the changes really start to happen."

Location: DeWitt. For more information, call 517-234-4420 or email Info@OptimizeYouMI.com. Complete the form at OptimizeYouMI.com/health-and-lifestyle-coaching. See ad page 26.

Have News or Kudos to Share?
Emial Publisher@HealthyLivingMichigan.com

Animal Welfare Fundraiser

Nonprofit SASHA Farm Animal Sanctuary is conducting its inaugural appeal to raise funds and champion animal welfare and support the sanctuary's mission through December 31, with a goal of $100,000.

The compassionate haven for rescued farm animals has a mission deeply rooted in providing love and care to animals in need. From medical care to daily sustenance, the campaign is a call to action for the community to stand together in creating a sanctuary where animals thrive.

Founded in the late 1980s and incorporated as a nonprofit in 2001, SASHA is the oldest and largest farm animal sanctuary in the Midwest, with 177 animals on 60 acres.

Location: 17901 Mahrle Rd., Manchester. Donate at SashaFarm.org. For more information, Info@SashaFarm.org.

Major Changes, Events at Holistically Minded Spa

Universal Energy Healing & Massage Therapy recently welcomed new holistically minded practitioners, rebranded into Universal Energy Wellness Spa and expanded to a new facility next door at 470 Forest Avenue, Suite 22, in downtown Plymouth. To experience the added services and meet new practitioners, they will provide mini-services and holiday shopping (20-minute chair massages for $40, 30-minute mini-facials for $50 and 30-minute reiki sessions for $50) from 10 a.m. to 7 p.m., December 15, and a grand opening with a free small-plate brunch and other special attractions from 10 a.m. to 2 p.m., January 6, 2024.

The first 50 people in the door receive a swag bag with useful products from the spa; there will be a drawing for a grand prize basket every hour; and attendees receive free holistic facial analysis, mini card readings and reiki consults.

The practice is a spa environment that still includes their whole-body healing approach with Energy Healing and Intuitive Massage from Christine, Organic Gluten-Free Facials from Zelle Anne and Healing Reiki Energy from Reiki Master Elisabeth.

Owner Christine Bridges says, "I've seen so many practices and products I loved visiting luxury spas. So now, I have incorporated all of that experience into my own dream: a holistic spa where you can find organic and gluten-free products, plus holistically minded practitioners that nourish the skin, mind, body and soul for a deep healing experience."

Esthetician Anne, with 20-plus years of experience and having attended a world-renowned school in Florida for her cosmetology license, uses the latest technology including hydrofacials, cold therapies and plant-derived products with no harmful chemicals. Elisabeth has been through two separate certifications for her Master level in Reiki in order to train with one of the top Reiki Masters in the world.

For appointments and more information, call 734-934-7271 or visit UniversalEnergyWellness.com.

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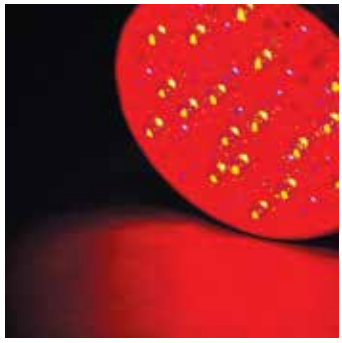
Save 20 percent off through Dec. 31 - available both at their office or online. Wycoff Wellness is Michigan's leader in providing high-quality supplements. For more information or to order, visit WycoffWellness.com. See ad back cover.

Red Light Therapy to Reduce Glucose Levels

The U.S. Centers for Disease Control estimates that 37.3 million Americans, or 11.3 percent of the population,



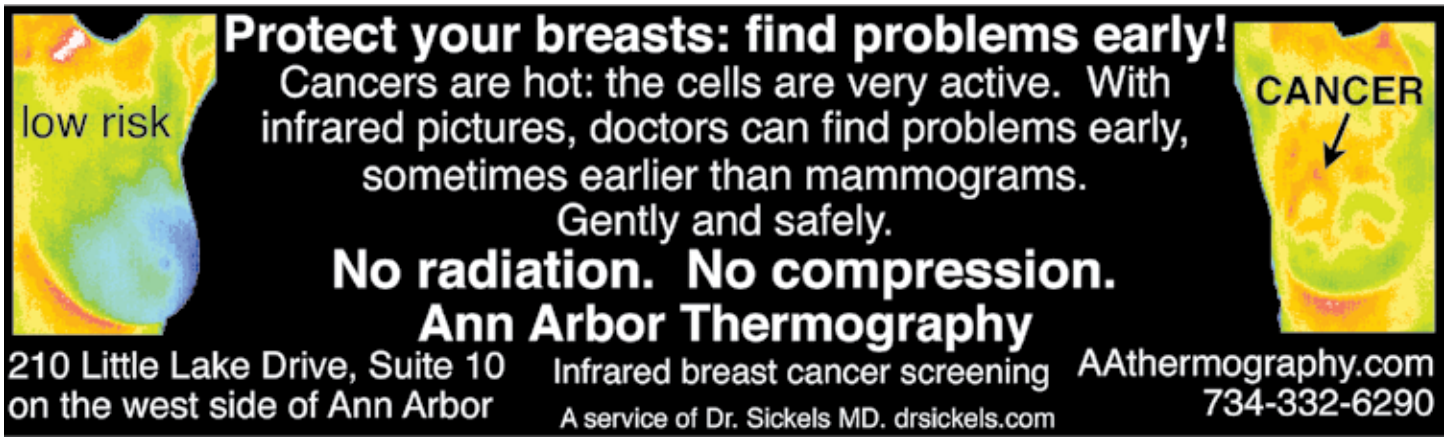
have diabetes, which means the body does not produce enough insulin, causing too much blood glucose (sugar) to stay in the bloodstream. Over time, diabetes can cause serious health problems, such as heart disease, vision loss and kidney disease.

Researchers from the University of London conducted a study of the effects of red light therapy on blood sugar levels. In the study, 15 participants received 670 nanometers of red light onto approximately 800 square centimeters of their exposed back for 15 minutes. The 15-person control group had the same equipment placed on their back, but the light was not turned on.

The result was a significant reduction in blood sugar levels in the group exposed to red light following a glucose intake by the participants. Over a two-hour period following the therapy, maximum glucose spiking was reduced by 5.1 percent. Red light exposure can be used to reduce blood glucose spikes following meals as a safe, non-invasive treatment for diabetes management at home.

Diagnosing Alzheimer's Using Artificial Intelligence

According to the Alzheimer's Association, more than 6 million Americans and their families are living with Alzheimer's disease. To determine if a person has the disease and rule out other possible causes of cognitive disfunction, doctors use several methods and tools, such as memory and problem-solving tests, biomarker tests and brain scans. Companies and scientists are engaged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in harnessing the power of artificial intelligence (AI) to improve diagnosis. Here are three examples.

RetiSpec, a Toronto-based medical imaging company, claims to have developed an AI algorithm for its eye scanner that can detect signs of Alzheimer's 20 years before symptoms develop, as well as Parkinson's, vascular dementia and amyotrophic lateral sclerosis (ALS).

California-based NeuroVision Imaging uses its AI-enhanced retinal imaging system to look for the buildup of certain proteins or blood vessels with a twisted shape, which are both associated with Alzheimer's disease.

Rui Chang, Ph.D., a researcher at the University of Arizona College of Medicine, built an AI model to identify genetic triggers linked to Alzheimer's, which would otherwise potentially take a decade to identify. His model will be tested in a clinical trial led by PATH Biotech, an AI-powered medical solutions company founded by Chang.

Floods Linked to Heart and Lung Disease

According to the Natural Resources Defense Council, floods are the most common natural disasters in the United States. They account for 44 percent of natural disasters worldwide, with 1.81 billion people directly threatened by severe flooding. Global warming and the resulting rise in sea levels and extreme weather events are expected to make the problem worse.

An Australian-led study examined deaths associated with floods across 34 countries over a 10-year period. Researchers found that after a flood, the risk of dying increased by 2.6 percent from cardiovascular disease and 4.9 percent from respiratory diseases. The increased mortality risks persisted for up to 50 days for cardiovascular deaths and 60 days for respiratory deaths after the disaster. The researchers called on governments to monitor and protect citizens from the health impacts of flooding for weeks, not just days, after the event.

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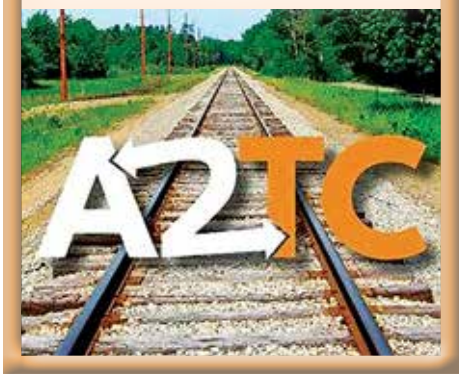

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Watch Out— Not All Deer Can Fly

Santa's team of Rudolph and his friends may be able to skim the rooftops, but the rest of the deer sometimes turn up in the middle of the road. The nonprofit Humane Society of Huron Valley (HSHV) wants to remind residents how they can prevent accidents and protect both people and deer.

Look out, especially at dawn and dusk. Deer are most likely to be on roadways next to woodlands. Pay attention around forest edges and ditches, and scan the sides of the road for movement. Be extra vigilant during dawn and dusk, although during this season, deer may be on the move anytime.

Reduce speed. Slow down, especially in areas where deer are known to be active. Reducing speed can allow more time to react if a deer appears.

Heed warning signs. Ann Arbor and other communities often have signage where deer are known to cross. A doe is likely to be followed by a buck during mating season and followed by a family of deer afterward. If there is one deer, slow down and look out for others waiting to cross.

If there is no oncoming traffic, switch to bright headlights; they can help you spot deer from a greater distance. Look for "eye shine". Deer have poor vision, but they're not stupid; they're trying to focus on the bright light ahead of them.

Honk in short bursts. While deer vision isn't great, their hearing is better, and they can discern where noise is coming from. Don't veer. If an animal jumps out, slow down as much as possible without swerving or losing control. Apply the brakes, keep hands on the wheel, stay in the lane and come to a controlled stop. The biggest danger comes when people veer into oncoming traffic or collide into trees on the side of the road in order to avoid the animal.

If an animal is hit and injured or the car is damaged, call 911 immediately. Do not attempt to move an animal. HSHV provides emergency services to sick and injured wildlife and stray animals; wildlife are given medical treatment and transferred to local, licensed rehabilitators when possible.

For more info on the HSHV, visit hshv.org. Call 734-661-3512 in case of an animal emergency. *See ad page 24.*

Psilocybin and Life Coaching

by Gary Merel

The therapeutic potential of psilocybin, a naturally occurring psychedelic compound found in certain mushrooms, has gained significant attention. Psilocybin-assisted therapy has shown promise in treating a range of mental health conditions from depression and anxiety to addiction. However, the marriage of psilocybin and life coaching is a relatively novel approach that offers an intriguing synergy, potentially unlocking new pathways to personal growth, self-discovery and holistic well-being.

Psilocybin administered in a controlled and supportive setting can induce profoundly altered states of consciousness that often lead individuals to confront their innermost fears, unresolved traumas and negative thought patterns, serving as a catalyst for personal growth and self-realization. The therapeutic use of psilocybin has been associated with a range of benefits, including increased emotional insight, enhanced creativity and a newfound sense of purpose.

Life coaching is aimed at helping individuals set and achieve their personal and professional goals. Coaches provide guidance, support and accountability, assisting clients in making positive changes in their lives. By combining psilocybin with life coaching, individuals may have the opportunity to deepen their introspection and accelerate their progress toward a more fulfilling life.

The ability of psilocybin to dissolve ego boundaries and stimulate introspection can greatly enhance the self-awareness process in life coaching, thus clients may gain deeper insights into their values, beliefs and desires, making it easier to set meaningful and authentic goals. Psychedelic experiences often reveal subconscious barriers that hold individuals back. Life coaches can help clients identify and overcome these barriers, empowering them to make significant positive changes in their lives.

While psilocybin has shown potential in reducing symptoms of depression and anxiety, life coaching can complement these effects by teaching coping strategies and providing ongoing support to maintain emotional well-being. Life coaches can work with clients to set realistic, achievable goals following a psilocybin-assisted experience. The newfound clarity and motivation generated by the psychedelic journey can significantly aid goal attainment.

It is essential to acknowledge that the use of psilocybin is currently illegal in many jurisdictions. In Michigan, psilocybin mushrooms are legal in Detroit, Ann Arbor, Ferndale and Hazel Park. They are also legal in Colorado, Oregon and Washington, D.C. There is ongoing research into its therapeutic potential, and some regions have made exceptions for medical or therapeutic use. Combining psilocybin with life coaching should only occur in compliance with local laws within a controlled, therapeutic environment under the guidance of trained professionals.

The fusion of psilocybin and life coaching represents a unique approach to personal growth and self-improvement. When administered responsibly, psilocybin can facilitate profound self-discovery and transformation, while life coaching offers guidance and structure to help individuals integrate these experiences into their daily lives. This synergy has the potential to unlock new avenues of self-improvement and holistic well-being, emphasizing the importance of responsible and ethical implementation within a legal and therapeutic framework.

As research and societal acceptance of psychedelic therapies continue to evolve, the combination of psilocybin and life coaching may become a promising avenue for those seeking deeper self-awareness, personal growth and a more fulfilling life. However, individuals should always seek guidance from qualified professionals and follow the legal and ethical guidelines of their respective regions when exploring these innovative approaches.

Gary Merel is a certified life coach in Ann Arbor. For more information, visit LeanIntoYourLife.net. *See ad page 31.*

THE GRACE OF GIVING AND RECEIVING

HEALING THROUGH GENEROSITY

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by Carrie Jackson

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In today's fast-paced world, where self-interest often takes precedence, the capacity for generosity can make a huge impact. Giving and supporting others fosters a more openhearted society, paving the way for greater connection and unity.

A study published in *Applied Psychology: Health and Well-Being* shows that gratitude can increase self-esteem and long-term well-being, leading to greater fulfillment in myriad areas of life. In this season of giving (and throughout the year), gratitude can help shift perspectives on everyday circumstances and remind us of what really matters. Stories of people supporting one another through their generosity can move and inspire us to make every day a little brighter.

Facilitating Health Care

Gratitude is often felt the most by those that have been helped through a loss or trauma. When her young adult son was afflicted with devastating ulcerative colitis, Phyllis Johnson remembers feeling desperate and frustrated by traditional medicine practitioners unable to help. "Watching a loved one suffer is the most helpless and isolating feeling," she recalls. Her son finally found relief after introducing complementary and integrative therapies, and Johnson set out to help others that were not so fortunate.

"If I didn't have the cash, I don't know what we would have done," Johnson remarks, acknowledging her privilege. In 2013, she founded *eFundYourHealth.org*, a South Carolina-based nonprofit, to encourage and support community giving when conventional health care and health insurance are inadequate. "We pull from a team of passionate experts in the integrative and alternative health community who want to change the world," she explains.

Patients apply for grants for the care they need that is not covered by insurance. They are required to raise a minimum of $500 on their own, and *eFundYourHealth.org* connects with donors to meet the rest. According to Johnson, this model of people helping each other benefits everyone, including donors, patients and healthcare providers. "The patients are able to receive the often essential care they need and deserve to heal, and the donors and practitioners are making a vital difference in someone else's life. The sense of gratitude connects everyone and heightens the healing process," she says.

Johnson identifies with the desperation of family members that would do anything to help their loved ones and says that serving others is the only option for her. "When someone you care about is suffering, not being able to make them better is excruciating. Once you've been through a traumatic experience, it builds a fire within you. Turning that into empowerment becomes part of your calling, and you are driven to ensure that others don't have to go through the same thing," she asserts.

Feeding the Hungry

Generosity is often shared by the very people that have been on the receiving end. For Frieda Holly, experiencing homelessness changed her perspective and ignited a desire to help others. More than three decades ago, the Chicago resident was forced to move her family out of their apartment when her youngest son tested positive for

lead poisoning. Unable to find housing on such short notice, Holly lived for six months with her children in a nearby shelter and was transformed by the experience.

"It was not what I expected," she remembers. "They treated us with extreme kindness, and I had never felt so loved and taken care of, especially in such a down moment. When we moved out, I wanted to share that feeling and generosity with others."

Holly began collecting food from nearby pantries and making soup for the community out of her new home. What started as providing a meal to a few people quickly grew into a bustling soup kitchen. Today, Frieda's Place has been a cornerstone in the community for 35 years. "A soup kitchen is different from a pantry, because a warm meal touches people's heart and soul. I put a little love into every meal and make my guests feel special," she muses. Some of her guests are regulars, others come by once or twice, and everyone is welcome at her table.

While Holly runs the kitchen on her own, she is never alone. "Volunteers from the community stop by all the time to help out. Every day that we're open, people drop off clothing, toiletries and other essential items," she says. Much of the food is donated from nonprofits, such as the Chicago Greater Food Depository, and businesses, such as Trader Joe's, and Holly makes do with whatever she's given.

"Most days, I wake up not knowing what I'm serving that day, but it always works out, and my guests are always grateful for a hot meal," says Holly. "People come to Frieda's Place for more than just the food; they are craving emotional attention and connection. If I can give them more love or even just listen, it's a spark in their day that may have ripple effects."

Leveraging Art for Positive Outcome

Ruth Westreich never thought she would become a philanthropist. The California native grew up in poverty as a young caregiver for her ill mother. When a generous employer from a teenage job funded her college tuition, she was inspired to pay it forward. Westreich set out to help anyone she could by sharing her time, attention and financial resources.

A passion for the arts set the groundwork for The Westreich Foundation, primarily funded by her affluent husband, who saw how impactful her work could be with the right support. Now in its 20th year, the organization funds programs and individuals at the intersection of art and healing, focusing on the welfare and education of youth, restorative farming and organic agriculture, scientific research and independent investigative journalism.

"Art, science and intergenerational dialogue are inextricably linked, and harnessing them helps move beyond the societal and political entanglements that interfere with overall health," Westreich explains. "We fund a lot of early adopters with big ideas that need investigating. We

Ruth Westreich/thewestreichfoundation.org

are especially interested in highlighting the dangers that need to be exposed in things like PFAS [per- and polyfluoroalkyl substances] and other chemicals that are harmful to the overall health of the planet." The Westreich Foundation helped fund the nonprofits, scientific research and journalists that eventually uncovered the dangers of Monsanto's weedkiller RoundUp.

A painter herself, Westreich is deeply moved by the power of the arts in healing, and the foundation combines thought-provoking art, activism and philanthropy to engage and unite people. "By supporting and elevating these passionate groups, we are encouraged that their work will result in an exponential impact that can be scaled for dramatic changes in human and planetary health," she asserts. "Gratitude emanates between our donors and our recipients. They are incredibly grateful for the support, and I am equally grateful to be able to give. More than the money, it's the relationships that make us all feel the richest. I believe in the law of attraction and know in my heart that the more you give, the more you get back."

Spreading Holistic Hope and Gratitude

When Suzan Walter co-founded the American Holistic Health Association (AHHA), her knowledge and understanding of holistic health was limited. The businesswoman and parent of two children had no intention of entering the health world, but her life changed course when a close friend was diagnosed with cancer and given two weeks to live.

"During my grief, I read Bernie Siegel's book *Love, Medicine & Miracles* and learned about terminally ill patients who took control of their illnesses and extended their lives beyond medical predictions," she recalls, adding that her friend with cancer came to believe that he would recover. He accepted treatment and lived another two months. According to Walter, when he stopped believing, the treatments stopped working, and he died.

Seeing firsthand the power that positivity could have in healing, Walter committed to learning more about holistic wellness and eventually founded AHHA, a free, online clearinghouse of resources and articles to support active self-care and healthy lifestyle changes.

"We encourage the powerful, whole-person approach to health care that integrates physical, mental, emotional and spiritual well-being. We are connecting and empowering holistic warriors with the resources to help them heal and a community to help support them," Walter explains. "I am humbled and blessed that by being willing to serve, these opportunities to leave the world a little better have emerged. My friend was asked at the end of his life if there was any meaning he could take away from his suffering, to which he responded, 'It allowed me to let others in and receive their love.' Gratitude enabled him to find a gift, even under the most dire circumstances, and that is a beautiful lesson."

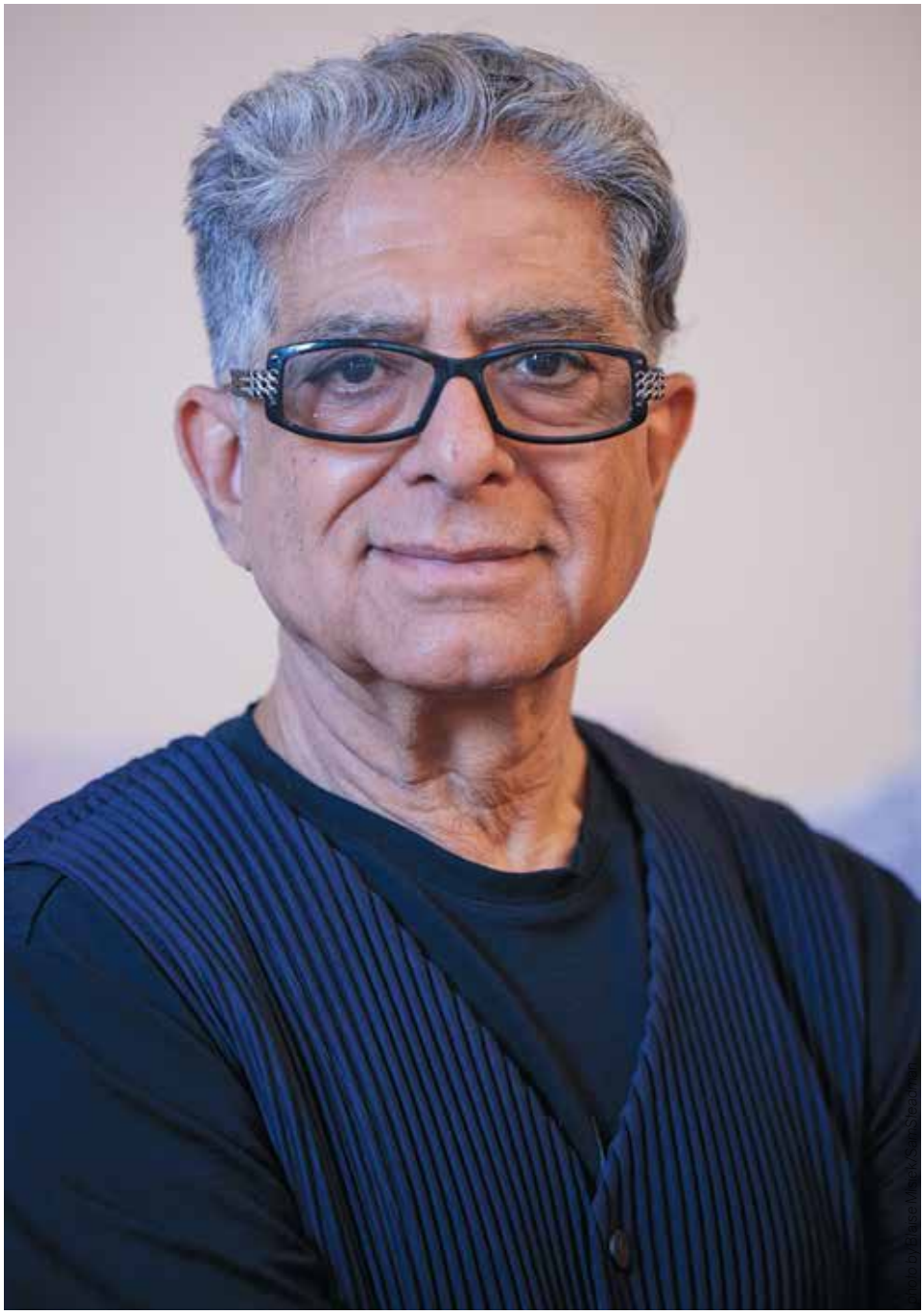
In this hectic season, slowing down and helping others can make a world of difference. By nurturing a culture of giving, we can help create a grateful, united community that reflects the values we want to instill.

Carrie Jackson is a Chicago-based freelance writer. Connect at CarrieJacksonWrites.com.

Deepak Chopra

ON THE QUANTUM BODY AND ACHIEVING PEACE

by Kimberly Whittle



Deepak Chopra, M.D., is a pioneer in the field of mind-body medicine and one of the most inspiring philosophers of our time. He is the founder of The Chopra Foundation, a nonprofit dedicated to research on well-being and humanitarianism, and Chopra Global, a health company at the intersection of science and spirituality. Chopra also is a clinical professor of family medicine and public health at the University of California San Diego and serves as a senior scientist with Gallup, Inc. He has authored more than 90 books translated into more than 43 languages, including numerous bestsellers. Chopra collaborated with Jack Tuszynski, Ph.D., a physicist, and Brian Fertig, M.D., an endocrinologist, on his latest book, *Quantum Body: The New Science of Living a Longer, Healthier, More Vital Life.*

What inspired you to write this book?

It is a celebration of the most surprising turn in my life. When I was practicing medicine at an exhaustive, hectic pace more than 30 years ago, I started meditating and had a life-changing breakthrough vision of a human body shimmering as a visual image—the quantum mechanical body. I became a writer, and my book, *Quantum Healing*, gave me my first boost. But at the time, the topic of meditation was considered fringe. Thirty-seven years later, the fringe has moved to the center, and new studies are overturning long-held mainstream medical beliefs. Hence, the time seemed right to take a second bite of the apple.

What do you mean by the quantum body?

Our physical body is an activity in consciousness. You experience your body through the five senses. Physical reality is experienced in the field of awareness that is outside of our body, and the field of awareness inside our body is called the interoceptive awareness. Meditation helps us transcend our physical and mental body and takes us to the source of all experience, including the experience of mind and body. Pure consciousness is the source of mind-body and the universe. The causal body is the source of every experience we have; it is your soul and the same thing as your quantum body. Quantum body exists to bring about all the healing needed at every level.

How can we modulate our epigenetic activity and restore homeostasis to reduce stress and inflammation?

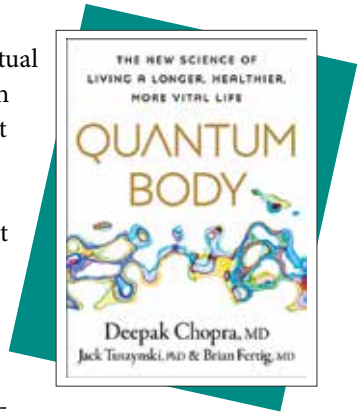
Mind and body are inseparably one. By increasing our awareness of bodily processes through interoception, we can self-regulate our body. We can do this through meditation, practicing vagal breathing and vagal activation, doing yoga and through movement. The greatest gift of self-awareness is to live with love, truth, beauty and bliss as your goal. Ultimate well-being requires no less.

Why is the quantum model for well-being important, and how do you plan to reach a critical mass of participants?

Today, everyone is taking sides and is in conflict because they don't agree with the perspective of others. As long as you engage in recycling trauma, the trauma leads to inflammation and disease in the body and in mental disorders. We have an inflamed world and will never solve this problem by any one side becoming the victor, because the intergenerational trauma will last for hundreds, if not thousands, of years.

This is the history of humanity since we were hunters and gatherers. Now the same tribal mindset spells extinction. We are sleepwalking to extinction unless we wake up. There is no hope for climate change, social and economic justice, racism, prejudice, health or joy. We need to cool down the world's inflammation by starting with ourselves and creating an ecosystem where we can bring peace to our own families, social environment, ecosystem of relationships and communities; then we can reach a critical mass. A lot of people do agree that consciousness is a field and that we can aspire to a more peaceful, just, sustainable, healthier and joyful world.

The Chopra Foundation has launched two programs. The Certification in the Soul of Leadership is about how you become a spiritual leader, which I have taught at Kellogg [School of Management at Northwestern University] and Columbia [University] and given talks about at Harvard [University]. We received a grant to offer it free of charge. The other certification, Becoming a Peace as the Way Facilitator, is only $9.99. If you can't afford it, we give it for free. If you focus on these two things and get the critical mass of people out there, the change we want to see in the world will happen.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That you exist should be a perpetual surprise, and you should be full of gratitude for existence itself. That is the most holy and sacred experience that we can have. What I am grateful for is that I exist.

Certification courses can be found at *cfi.ChopraFoundation.org*. To join the *Quantum Body* book discussion group, visit *Chopra QuantumBodyDiscussion.KnoWEwell.com.*

Kimberly Whittle is the founder and CEO of KnoWEwell, P.B.C. and the CEO of Natural Awakenings Publishing Corporation.

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Holiday Parties for Every Diet

HOW TO PLAN AN INCLUSIVE AND SAFE FEAST

by Madiha Saeed, M.D.

Inclusivity and respect are at the heart of a memorable and enjoyable experience around the holiday table. "Nothing can spoil a wonderful holiday faster than when your family or friends are unable to enjoy your delicious food," says Julie Matthews, a certified nutrition consultant and founder of Nourishing Hope. From allergies to religious restrictions and ethical choices, understanding and accommodating guests' diverse dietary needs is the foundation of a successful gathering.

According to the National Health and Nutrition Examination Survey, more than 17 percent of the adult population is on a special diet on any given day. Food Allergy Research and Education reports that 85 million Americans have life-threatening food allergies and intolerances. Plant-based diets are also on the rise, with 5 to 6 percent of Americans identifying as vegetarians.

Preparation and Communication

With a little creativity and careful planning, the holiday table can offer a diverse and delicious spread that everyone will enjoy. "Communication is an important first step when it comes to accommodating your guests' dietary needs," advises Yvonne Maffei, chef and creator of *MyHalalKitchen.com*. "Speak to them in advance to gain insight into their needs, giving yourself enough time to plan your menu and shop for any unique ingredients you might need."

"To make sure that guests with specific dietary constraints don't feel isolated or singled out at the table, try to replicate the same dishes for everyone. It's also helpful for each dish to be labeled so guests don't have to ask, particularly if it's a large gathering or buffet style," says Maffei.

"Prepare as much as possible ahead of time, if not all of it," says Matthews. "It makes the environment feel more inviting, and you are able to focus on your guests. If other people are bringing dishes, ask them for the recipe ahead of time so that you can inform your guests."

Food Allergies

Party hosts need to pay special attention to food allergies, intolerances and sensitivities, which can cause uncomfortable or

even life-threatening reactions, including bloating, diarrhea, skin reactions, swelling, breathing difficulties and anaphylactic shock. To prevent cross-contamination and provide peace of mind for guests, designate allergy-friendly cooking utensils, cutting boards and dishes. Here are a few substitutions for the most common offenders.

DAIRY: For those with lactose intolerance or a dairy allergy, serve plant-based milks made with almonds, soy or oats. Replace butter with coconut oil, olive oil or plant-based butters.

EGGS: Substitute with applesauce, mashed bananas or commercial egg replacers, especially in baking. Tofu is a good alternative for scrambled eggs.

PEANUTS: Eliminate the potential for crossover allergies by avoiding other nuts that are processed in the same facilities as peanuts. Sunflower seed butter, tahini and almond butter are tasty and healthy alternatives in recipes.

TREE NUTS: Use sunflower, pumpkin and flax seeds instead of tree nuts. Coconut or dried fruits can add texture and flavor. Roasted chickpeas are a crunchy, nutritious alternative.

SEAFOOD: Lean meats, legumes, tofu, seitan, jackfruit and mushrooms can be used as alternatives to fish and shellfish in recipes. Vegan fish substitutes are also available.

GLUTEN: Use flours made with almonds, coconut, rice or buckwheat. Quinoa works well in salads or as a main dish. Cross-contamination is a concern; choose products that are labeled gluten-free. Use gluten-free flour to thicken gravies.

SOY: Coconut aminos or tamari can substitute for soy sauce. For recipes that call for tofu, seitan or jackfruit may be used.

SESAME: Sunflower or pumpkin seeds and almond butter can replace sesame seeds or tahini in recipes.

MUSTARD: Turmeric mixed with a little vinegar can be a suitable alternative in many recipes.

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Restrictive Diets

Whether for health, weight loss, ethical or religious reasons, guests may be following a specific diet that omits ingredients. To respect and support their needs, here are a few recommended substitutions.

VEGAN: Offer recipes made with tofu, lentils and beans as protein sources, and nutritional yeast as a cheese substitute. Replace dairy with plant-based milks.

VEGETARIAN: Celebrate the wonders of the plant kingdom with hearty vegetable roasts and scrumptious vegan desserts.

PALEO: For this diet that focuses on whole foods, substitute regular flour with almond or coconut flour, and refined sugar with honey or pure maple syrup.

KETOGENIC: Common low-carb, high-fat alternatives include non-starchy vegetables, such as cauliflower, and sweeteners like stevia or erythritol.

Low-FODMAP: This diet for people with irritable bowel syndrome eliminates numerous irritants. Garlic-infused oil can be an alternative to fresh garlic, and lactose-free dairy or almond milk can replace regular milk.

HALAL: Omit alcohol and pork products. Use meat and poultry that is processed according to Islamic law. Replace alcohol-based flavor extracts with real vanilla beans.

KOSHER: Follow the dietary laws of kashrut based on the Torah and the oral tradition.

Madiha Saeed is a holistic, functional and integrative doctor in Naperville, Illinois, and director of education for Documenting Hope and KnoWEwell.

DATE COOKIES

YIELD: 25 COOKIES

3 cups almond flour
½ cup nut butter of choice
½ cup honey
3 eggs
1 tsp baking soda
1 tsp salt
1 tsp cinnamon
1½ cups baking dates, pitted and chopped

Preheat oven to 350° F. In a large mixing bowl, combine all the ingredients except the dates until smooth. Line a cookie sheet with unbleached parchment paper. Scoop about a tablespoon of batter and roll into a round ball. In the middle of the ball, press ½ teaspoon of dates into the center, rolling again to surround the dates with cookie dough. Place on a cookie sheet, flattening slightly. Bake for 15 minutes. Remove and let cool before serving.

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ANTI-INFLAMMATORY CHICKEN

YIELD: 4 SERVINGS

¼ cup olive oil
1 tsp grated or finely diced fresh garlic
1 tsp grated or finely diced fresh ginger
2 lb chicken, cut into 1-inch pieces
1 tsp turmeric powder
½ tsp salt
¼ tsp cumin powder
1 small tomato, diced

Heat oil in a skillet over medium heat. Add ginger and garlic and cook for one minute. Add the remaining ingredients except the tomatoes and cook for five to six minutes until the chicken is done. Add the tomatoes and cover, simmering until the liquid evaporates.

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STIR-FRIED OKRA

YIELD: 4 SERVINGS

16-oz package of frozen, cut okra
¼ cup olive oil
1½ medium tomatoes, chopped
1 medium onion, sliced
¼ tsp finely diced fresh ginger
1 tsp chopped garlic clove
1 tsp salt
¼ tsp black pepper
¼ tsp turmeric powder
½ tsp paprika powder
¼ tsp cumin powder

Preheat oven to 400° F. Bake okra until lightly brown on unbleached parchment paper that has been sprayed with a bit of oil. Remove from heat and set aside.

In a medium, ceramic skillet, sauté sliced onions in the oil until they start to become transparent. Add tomatoes and spices and mix. Incorporate the baked okra to the tomato-onion mixture and cook for 25 minutes on low heat.

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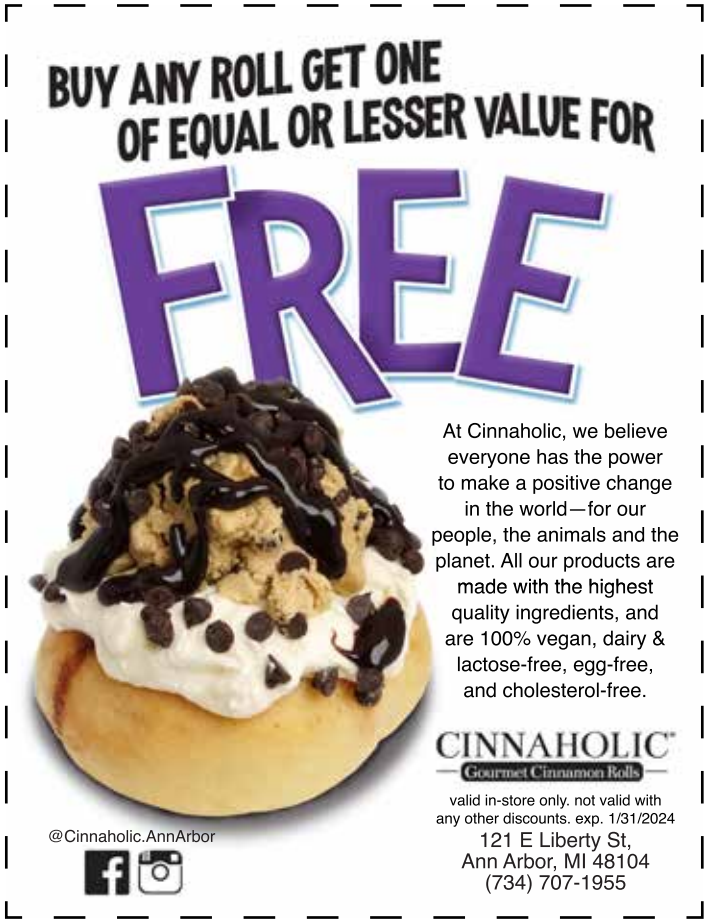
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Clothing Donation Tips

UNDERSTANDING WHERE SECONDHAND ITEMS GO

by Kelcie Ottoes

Donating clothes feels good because we expect it to help someone else. More than 70 percent of the global population wears secondhand clothing. These purchases can extend the life of the garment, reduce textile waste and ameliorate the clothing industry's impact on the environment. However, not all donations get a second home.

What Happens to Used Clothing. In the United States, 85 percent of textile products are discarded and end up in an incinerator or landfill. The U.S. Environmental Protection Agency estimates that Americans create 16 million tons of textile waste every year. Globally, the textile industry accounts for 10 percent of global greenhouse gas emissions.

The remaining 15 percent of used clothing passes through charities, salvage buyers, recycling facilities and sometimes other countries before it reaches the end of its life. Understanding what happens to donated clothing and making intentional, quality donations can increase the odds of it finding its way to somebody's closet.

The journey for donated clothes depends on its condition and where it was donated. The National Institute of Standards and Technology estimates that 20 percent of donations are directly sold at thrift and charity outlets. Once it hits the racks, the donated clothing has a couple of weeks to a few months to sell before it is taken to salvage buyers.

Of the remaining 80 percent of donated clothing, the largest portion is exported for reuse or resale. The U.S. exports more than 700,000 tons of used clothing every year, with most going to Latin America and Africa. The remaining donations are either recycled into new textiles or repurposed as industrial rags, home insulation or stuffing for upholstered furniture and car seats.

Donating Tips. Before donating to an organization, assess the quality of the item. "The rise in fast fashion means that consumers are choosing to purchase a higher volume of clothing overall, meaning more is ending up in donation bins," says Erin Houston, co-founder of WearWell, an ethical and sustainable marketplace for clothing and other goods. "But because fast fashion pieces are notoriously poorly constructed, that item that was worn only a few times might only last the next person a couple of wears before it begins to fall apart."

If the piece is fast fashion, consider donating it directly to a textile recycler, provided it is not made of synthetic fibers. Otherwise, try to find a new home for the unwanted piece first. Host a clothing swap or post on a local buy-nothing page to find neighbors that need the items.

Look for entities that specify where the donated item will be redistributed. "With organizations like I Support The Girls [ISTG], a donor knows exactly where their donations are going," says Dana Marlowe, ISTG founder and executive director. "We can handle the quality control ourselves and ensure that as little as possible ends up as waste or is recycled improperly. As a hyper-focused nonprofit that narrows in on gently used bras of all kinds, we don't have to sort through every clothing and product type under the sun."

If there isn't a hyper-specific donation center for an item, consider one of the following options:

- **LOCAL THRIFT STORES AND SECONDHAND SHOPS** resell gently used, wearable items.
- **ANIMAL SHELTERS** take blankets, sheets and towels for kennels.
- **SCHOOLS** need children's jackets, hats, gloves and pants.
- **HOMELESS SHELTERS AND CHURCHES** hold clothing drives to fulfill community needs.
- **VINTAGE STORES** are ideal for items that are simply outdated.
- **NATIONAL ORGANIZATIONS** like Goodwill or Salvation Army resell donations.

Most donation centers have guidelines to ensure they can use or redistribute the items. While dropping off clothes, don't forget to browse the racks and buy an item or two to support the outlet.

Avoid roadside bins and overseas donations. These are often textile recycling companies that pose as charitable organizations, and wearable clothes are downcycled into rags, rather than re-worn.

Clothes sent overseas are often resold at bargain prices, but potentially at the cost of local manufacturers. Imported used clothing can also be a local environmental burden. In Ghana, the world's largest importer of secondhand clothing, an estimated 40 percent is considered unsellable, and 70 percent of those items are illegally dumped, resulting in environmental damage to rivers and seas.

Certain items shouldn't be donated and may need to be recycled or thrown out, such as clothing with tears, stains, odor, mold or dirt, as well as, for sanitary reasons, underwear, socks and worn-out shoes.

Kelcie Ottoes is a writer for sustainable businesses and contributor to Natural Awakenings.

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EXPLORING INTERMITTENT FASTING

TIPS AND BENEFITS FOR IMPROVED HEALTH

by Steven Masley, M.D., FAHA, FACN, CNS

Fasting has long played a role in major religions, but we did not begin to understand it from a scientific standpoint until Yoshinori Ohsumi, a Japanese cell biologist, discovered how cells recycle and renew themselves during fasting, for which he was awarded a Nobel Prize in 2016. Since then, multiple clinical trials have proven the health benefits of intermittent fasting (IF).

How Intermittent Fasting Works

IF influences the body's blood sugar control, energy production, gut bacteria load and hormone levels. When abstaining from food for a period of time, the body begins to rely on fat stores for cellular fuel. This shift in energy metabolism also allows for enhanced autophagy, a process that removes damaged cellular components and promotes cellular renewal and repair.

Regimen Types

- **TIME-RESTRICTED FEEDING (TRF)** involves limiting the daily eating window to a specific period, typically eight to 10 hours, followed by a fasting period of 14 to 16 hours. This regimen can be followed daily or limited to a few days per week.
- **ALTERNATE-DAY FASTING** involves alternating between days of normal caloric intake and days of severe calorie restriction.
- **5:2 DIET** entails consuming a normal diet for five days and restricting calorie intake to 500 to 600 calories on two non-consecutive days.
- **THE WARRIOR DIET** involves fasting for 20 hours followed by a four-hour eating window, typically in the evening.

Selecting a Regimen

All forms of IF have similar health benefits. Each approach has its own merits, and it is crucial to choose the one that aligns with personal goals, lifestyle, fasting tolerance and overall well-being. Before adopting an IF routine, it is important to consult with a healthcare professional.

The easiest approach for many people is TRF, where eating stops at 9 p.m., breakfast is limited to coffee or tea without sugar or milk and eating resumes at noon. TRF has been shown to have similar benefits if followed every day or even just three days per week.

Fasting for a minimum of 12 hours provides some benefits, but a fasting period of 15 hours or more often yields greater benefits. The best fasting hours depend on an individual's work schedule and goals. Some individuals may find it more convenient to begin their fast in the evening and skip breakfast, while others prefer to omit dinner and have an early lunch, thus extending their overnight fast. The most critical factor is finding a pattern that can be maintained consistently.

Benefits of Intermittent Fasting

Intermittent fasting has been associated with numerous health benefits, including

enhanced cognitive performance, weight loss, reduced cardiovascular risk factors and better blood sugar control.

A study published in *Cell Metabolism* suggests that IF might correct circadian rhythm disruptions, which are believed to play a role in the progression of Alzheimer's disease. The researchers found that IF improves memory and reduces the accumulation of fibrous amyloid proteins in the brain. Other studies have also found that IF enhances memory, attention, brain processing speed and cognitive function.

Multiple randomized clinical trials have shown that intermittent fasting is effective for modest weight loss, varying from five to 15 pounds, as well as reductions in waist circumference, body mass index and cardiometabolic risk factors.

Intermittent fasting is a safe dietary option to improve several markers of cardiometabolic health.

IF is a safe dietary option to improve several markers of cardiometabolic health. A meta-analysis of 130 randomized clinical trials of subjects following all forms of IF showed improvements in insulin sensitivity, plus improvements in weight, cholesterol profiles, fasting blood sugar levels and blood pressure control. These findings suggest that IF is effective in helping to prevent heart disease.

An article in the *Journal of Restorative Medicine* highlighted the potential benefits of IF in preventing and treating cancer, although more research is needed. The authors noted that IF can promote recycling of cells, enhance DNA repair in normal cells, improve cell regeneration in tissues and protect against the toxic effects of chemotherapy.

Safety and Other Considerations

Intermittent fasting is generally considered safe for most healthy individuals. However, young children, pregnant or breastfeeding women, and individuals with epilepsy, a history of eating disorders and those taking medications that can lower blood sugar levels should exercise caution or avoid fasting altogether.

While intermittent fasting can offer numerous benefits, some individuals may experience increased hunger and food cravings, poor sleep quality, an excessive drop in blood sugar levels in individuals prone to hypoglycemia and adverse effects on hormonal balance, especially for women that are menstruating.

Steven Masley is a physician, nutritionist, trained chef, clinical professor at the University of South Florida and creator of health programs for public television. He is the author of The 30-Day Heart Tune-Up. *Learn more at DrMasley.com.*

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Homemade Pet Playthings

EASILY CRAFTED TOYS AND TREATS

by Ruth Roberts, DVM, CVA, CVH, CVFT, NAN

As pet guardians, we know the joy of spoiling our beloved furry and feathered friends with toys, treats and accessories. While such diversions can offer hours of fun and bonding, some store-bought items can pose dangers, including choking hazards, intestinal blockage and damage, or exposure to harmful toxins used in plastics.

Safer, non-toxic options can be handcrafted using items found around the home. By recycling materials and avoiding the packaging that comes with store-bought items, do-it-yourself toys and accessories are more eco-friendly and sustainable. Guardians can even involve their pet friends in a DIY project as a way to spend quality time together, have fun and foster a stronger bond. Here are a few ideas.

Recycled T-Shirt Tug Toy

Dogs love a good game of tug-o-war, and this project is a simple way to repurpose old T-shirts. Using scissors, cut a garment into thin strips and braid them together tightly. Tie a knot at each end and enjoy a fun and safe exercise toy.

Catnip Toys

Make catnip toys a feline friend will love with a few pieces of felt, some cotton stuffing or shredded pieces of old clothes, and catnip. First, cut the felt into small shapes like birds or fish. Next, sew two sides together, leaving a small opening. Sprinkle one tablespoon of catnip over the stuffing, fill the toy and sew up the opening.

Feline Scratching Post

Scratching is an essential behavior for cats, but commercial scratch posts can be expensive. Instead, create one using recycled materials like cardboard or leftover carpet. Cut the material into a long rectangular shape and wrap it tightly around a sturdy base, such as a wooden post or pole. Rub the material with catnip and watch the kitties scratch to their hearts' content.

Rabbit Castle

For rabbits, consider converting a cardboard box into a cozy manor. First, cut doors and windows into the box and make sure the edges are smooth to avoid injury. Place a soft blanket or cushion as flooring to create a comfortable space for the bunny. Add some tunnels made from cardboard and watch them have fun exploring their new hideaway home.

Pet Bandana

This project is a bit more time intensive, but the result is worth it. To create a stylish pet bandana, simply cut fabric into a triangle shape, hem the edges and add a snap or tie to secure it around the pet's neck. Personalize it by embroidering the pet's name or a fun design.

Birdseed Ornaments

For avian lovers, birdseed ornaments in the yard are a fun and easy project that can involve the whole family. First, prepare unflavored gelatin in a bowl following the instructions on the package. Add a tablespoon of corn syrup for each package of gelatin used. Stir birdseed into the gelatin mixture until the liquid disappears. Place the mixture in the refrigerator for about ten minutes or until it firms up. Fill cookie cutters with the seed mixture, press down firmly and insert a two-inch piece of a straw near the top of the ornament. Refrigerate overnight. Gently remove the ornaments from the cookie cutters and replace the straw with a string. These homemade feeders will nourish neighborhood birds during the winter months when food is scarce.

Cat Teaser

Cats love string. Unfortunately, playing with a piece of string, yarn or ribbon can lead to life-threatening complications, as they can become entangled in a cat's intestine. A homemade cat wand allows them to chase, bat and chew without risk. Cut cotton, leather, sisal or hemp into strips about one foot long. Glue the strips of material one piece at a time to the end of a 12-inch wooden dowel or metal tube. Continue adding the material strips to the end of the rod until there are four or five layers. Tie a piece of material around the rod next to the last layer and tightly wrap it around the ends of the other strands to keep everything in place. End with a knot and a dab of glue, if necessary.

Sock Toys

Make an inexpensive, washable ball using those mismatched socks that seem to magically appear at the end of the laundry. Stuff a long sock with three other socks and tightly tie it off to make a solid ball. Another option is to braid several socks and tie them together at either end to create a durable rope.

Ruth Roberts is an integrative veterinarian and holistic health coach for pets, as well as the creator of The Original CrockPet Diet. *Learn more at DrRuthRoberts.com.*

Better-for-You Alternatives for Coughs and Colds

In the midst of cold and flu season, families are eager to find relief for the most common symptoms, but they want to avoid certain ingredients and unappealing side effects that come with over-the-counter drugs.

At Boiron, we offer a range of healthy alternatives that soothe coughs, nasal congestion, sinus pain and pressure, sneezing, runny noses and more. This winter, get all of the benefits and less of the risks with one of our homeopathic solutions.

Soothing a Sore Throat

A sore throat has been one of the most reported symptoms in adults over the last three months, according to Kinsa, a health technology company that analyzes and tracks data about the spread of illnesses nationwide. Boiron is here to help.

Offering targeted relief for occasional minor sore throat pain, **ThroatCalm® Spray** is a cooling mist powered by plants, including echinacea.* Users will appreciate the refreshing, mint-like herbal flavor, as well as the unique spray nozzle designed for gentle and precise application. Try this benzocaine-free solution to relieve sore throat pain.

Homeopathic Decongestant Medicines

The U.S. Food and Drug Administration recently expressed concern about the use of phenylephrine in drugstore nasal congestion products. At Boiron, we harness the power of pure ingredients for phenylephrine-free, non-drowsy cold and cough relief with no risk of rebound congestion.

SinusCalm® is specifically designed to relieve nasal congestion, sinus pain and pressure, and headache due to the common cold or allergies.* These tablets have no known drug interactions, making them a great, worry-free option.

ColdCalm® is ideal for relieving nasal congestion, as well as other symptoms of the common cold, such as sneezing, runny nose and minor sore throat.* ColdCalm is also available in children's formulas, including pre-measured liquid doses and meltaway pellets.

Chestal® Cold & Cough Syrup conveniently targets both common cough and cold symptoms. This sweet-tasting, multi-symptom formula relieves nasal and chest congestion, dry fitful cough, sneezing, minor sore throat, and runny or stuffy nose.*

Save 20% with code NA20

*Claims based on traditional homeopathic practice, not accepted medical evidence. Not FDA evaluated.

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Keeping Holiday Parties Green

Although the holidays are a season of joy, an estimated 2.9 billion pounds of extra trash is generated each year from items such as wrapping paper, food waste, packaging, returns and decorations. Let's make this holiday season a time to remember that sustainability and fun can go hand in hand.

SEND DIGITAL INVITATIONS. Save paper and reduce waste by embracing the digital era and sending electronic invitations. Online platforms offer stylish and customizable options for spreading holiday cheer while minimizing the environmental impact.

CHOOSE SUSTAINABLE DECOR. Instead of buying disposable party decorations, opt for reusable and eco-friendly alternatives. Consider using natural elements, such as pine cones, branches and leaves, to create a rustic and festive atmosphere. Repurpose items from around the home, like mason jars or old wine bottles, and turn them into beautiful candle holders or festive centerpieces.

WRAP DIFFERENTLY. Landfills add 2.3 million pounds of wrapping paper every year. Consider reusing old gift wrap or upcycling newspaper, maps or magazine pages. For a longer lasting option, invest in cloth wrappings. Remember to throw wrapping paper in the recycling bin as long as it doesn't contain metallic, glitter or velvet elements.

CHOOSE LOCAL AND SEASONAL INGREDIENTS. By opting for locally sourced, organic produce, we support local farmers and reduce the carbon footprint associated with long-distance transportation. Additionally, selecting ingredients that are in season ensures freshness and flavor.

EMBRACE REUSABLE TABLEWARE. Ditch the disposable plastic plates and cutlery and choose biodegradable or compostable alternatives. If there isn't enough regular tableware for each guest, mix and match or borrow some from a neighbor.

CONSERVE ENERGY. Turn down the thermostat a few degrees to save energy. If it's chilly outside, encourage guests to bring their own sweaters or blankets. Make use of natural light during the day and switch to energy-efficient LED light bulbs when the sun goes down.

PREPARE A ZERO-WASTE MENU. Plan the holiday menu carefully to avoid over-purchasing or overcooking. Ask guests to bring reusable containers for leftovers, which can be transformed into delicious new dishes or donated to food banks to help those in need.

COMPOST. Instead of throwing food scraps into the trash, composting reduces landfill waste and creates nutrient-rich soil. Be sure to provide clearly marked recycling and compost bins to make it easy for guests to dispose of their waste properly.

GIVE SUSTAINABLE PARTY FAVORS. Instead of traditional party favors that often go unused or end up in the trash, consider giving guests eco-friendly gifts. Reusable BPA-free water bottles, organic seeds or handmade products from local artisans will spread guilt-free cheer. Not only are these gifts more meaningful, they also serve as a reminder of the importance of sustainability.

Couples Retreat in Jamaica
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Come to January in Jamaica with Chef John at Bel Cove Villa!
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Session 1: January 6 – Jan. 20, 2024
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DECEMBER

Animal Welfare Fundraiser – Nonprofit SASHA Farm Animal Sanctuary is conducting its inaugural appeal to raise funds and champion animal welfare and support the sanctuary's mission through December 31, with a goal of $100,000. 17901 Mahrle Rd, Manchester. Donate: SashaFarm.org.

SATURDAY, DECEMBER 2

Dexter Winter Marketplace – 9am-1pm. Features art and crafts, bread and baked goods, jewelry, fresh produce, eggs, cheese, meats and more. Dexter United Methodist Church, 7643 Huron River Dr, Dexter. DexterMarket.com.

Healing through Connecting Constellations – 1-6pm. We are in relationship/connected with everyone and everything. Sometimes our experiences in life have us feeling disconnected from ourselves and others. Healing through Connecting Constellations supports you in reconnecting. $165/14 days advance, $185/ after. Constellation Healing Arts, Healing through Connecting, 28592 Orchard Lake Rd, Ste 360, Farmington Hills. 248-345-3557. ConstellationHealingArts.com.

Art on a Journey Gallery Art Show Reception – 2-5pm. A nonprofit gallery of local artists who are currently unsheltered or are housing insecure and at risk of becoming homeless. Each artist is encouraged to express and share their journey through stunning creations of visual art or unique textiles for example that are available for purchase. Show runs Wed-Sun, Dec 1-23, 10am-5pm. Free. The Deep End Cafe & Gallery, 310 Perrin St, Ypsilanti. ArtOnAJourney.gallery.

SUNDAY, DECEMBER 3

Cultivating Edible Mushrooms – 1-4pm. Topics include the basics of mushroom growing requirements, several easy ways to create mini-mushroom farms and explore the mysterious, incredible world of fungi. Leave with a prepared mushroom substrate and the knowledge of caring for the inoculated medium. $100. Michigan Folk School, 7734 Plymouth Rd, Ann Arbor. 734-436-8973. MiFolkSchool.com.

SATURDAY, DECEMBER 9

Stewardship Workday: Foxfire West Nature Area – 9am-12pm. Help remove invasive honeysuckle and buckthorn. Tools and know-how provided. Free. Meet at the corner of Hickory Point Dr and Indian Creek Cir, Ann Arbor. Pre-registration required: A2Gov.org.

Winter Solstice Sound Bath – 6-8pm. With Yoga with Carter. Recording artist Mark Maxwell (Dr. SaxLove) and producer Paul Sihon will orchestrate the sound experience in a candlelit space while Carter guides participants through postures to find connection to the body and create heat. $50. Jazzercise Ann Arbor Fitness Center, 1945 S Industrial Hwy, Ann Arbor. Register: YogaWithCarter.com.

SUNDAY, DECEMBER 10

Restore + Meditate: Conversations on Grief – 5:30pm. An evening of movement, reflection and shared conversations. Zion Well, 3384 Washtenaw Ave, Ann Arbor. 734-404-8899. ZionWell.com.

MONDAY, DECEMBER 11

How to Assess, Manage & Preserve Your Land – 6:30-8pm. Join your Lodi Township Hall neighbors and representatives to learn about the benefits of and opportunities for farmland and natural area preservation. Landowners are encouraged to attend to discuss individual properties with staff from local conservation organizations. Lodi Township Hall, 3755 Pleasant Lake Rd, Ann Arbor. Registration requested: LegacyLandConservancy.org.

TUESDAY, DECEMBER 12

Sunrise Nature Hike – 8:30-10am. See how the woods and fields and all their inhabitants are changing as they prepare for winter's long sleep. Proper winter gear and binoculars recommended. DeVine Preserve, 6110 W Liberty Rd, Ann Arbor. Pre-registration required: Washtenaw.org.

WEDNESDAY, DECEMBER 13

Veg Michigan Monthly Dinner Meetup – 6-7:30pm. Miss Kim's has many plant-based options to choose from. Miss Kim, 415 N 5th Ave, Ann Arbor. VegMichigan.org.

FRIDAY, DECEMBER 15

Mini-Services & Holiday Shopping – 10am-7pm. Combine your gift shopping with a mini-service for yourself. Buy organic useful stocking stuffers like soap samplers, bath bombs, shower steamers, body scrubs, neck wraps, sinus pillows, skin care lines, chap sticks, dry brushes, EMF phone protector cases and more. Offering $40/20-min chair massage, $50/30-min mini-facials and $50/30-min reiki sessions. Universal Energy Wellness Spa, 470 Forest Ave, Ste 22, Plymouth. 734-934-7271. For appt: UniversalEnergyWellness.com.

The RFD Boys – 8pm. Legends of Michigan bluegrass. $16, $15/members, students, seniors. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

SATURDAY, DECEMBER 16

Stewardship Workday: Argo Nature Area – 9am-12pm. Join NAP in maintaining and restoring the habitat at Argo, where countless native fauna reside. Tools and know-how provided. Free. Meet on Longshore Dr at Amherst Ave, Ann Arbor. Pre-registration required: A2Gov.org.

Dexter Winter Marketplace – 9am-1pm. Features art and crafts, bread and baked goods, jewelry, fresh produce, eggs, cheese, meats and more. Dexter United Methodist Church, 7643 Huron River Dr, Dexter. DexterMarket.com.

Yoga + Sound – 6-7:30pm. With Sound Healer, Rob Meyer-Kukan and Yoga Instructor, Paul Barr for this seasonal series. Paul will lead a mindful yoga practice that focuses on themes tied to each of the seasons. Rob will support with gentle sounds of singing bowls, gongs and more. An extended time of savasana will allow you to deeply rest into the new season while being immersed in sacred sound. $40. 7 Notes Natural Health, 3830 Packard Rd, Ste 120, Ann Arbor. 248-962-5475. Register: Forms.gle/qkLoC9xqAGwCjNdS7. Tinyurl.com/yc5t7k5r.

WEDNESDAY, DECEMBER 20

Almost Solstice Lantern Hike – 6-7:30pm. Join naturalist Elle Bogle for a lantern hike in the beautiful Scio Woods Preserve to celebrate the returning sun and the transition into winter. Kidder-McKeachie Scio Woods Preserve, 4000 Scio Church, Ann Arbor. Pre-registration required: Washtenaw.org.

Open Stage – 8pm. Take your music to the masses. Open Stage nights offer supportive audiences and a terrific space. Fifteen performers have 8 mins (or 2 songs) each to do their thing. $3, $2/members, seniors, students. The Ark, 316 S Main St, Ann Arbor. TheArk.org.

THURSDAY, DECEMBER 21

Longest Night Celebration – 7-9pm. Seasonal imagery, healing sound (singing bowls, gongs, etc), drum circle, labyrinth walk and more will create a unique and uplifting experience. If you have a drum, please bring it with you. Sliding scale: suggested $25-$40. 7 Notes Natural Health, 3830 Packard Rd, Ste 120, Ann Arbor. 248-962-5475. Registration required: Forms.gle/1ctC3egRxfi9LZ7W6.

SATURDAY, DECEMBER 30

Full Moon Owl Hike – 5:30-7:30pm. With senses heightened by night, we will call for owls and experience nature after dark. Hike will end with s'mores around the campfire. Nelson Meade County Farm Park, 2230 Platt Rd, Ann Arbor. Pre-registration required: Washtenaw.org.

PLAN AHEAD

FRIDAY, JANUARY 5

Sound Bath Meditation – 7-8:30pm. Celebrate the new year with Rob Meyer-Kukan. In this time of sound bath, Rob will play singing bowls, gongs and more with the intention of washing you with the sounds that bring calming vibrations to reduce stress and ease tension. $40. 7 Notes Natural Health, 3830 Packard Rd, Ste 120, Ann Arbor. 248-962-5475. Registration required: Forms.gle/uERPGbtUr491ekR69.

SATURDAY, JANUARY 6

Dexter Winter Marketplace – 9am-1pm. Features art and crafts, bread and baked goods, jewelry, fresh produce, eggs, cheese, meats and more. Dexter United Methodist Church, 7643 Huron River Dr, Dexter. DexterMarket.com.

Grand Opening Party: New Year, New You – 10am-2pm. Enjoy a free small plates brunch. First 50 people in the door receive a swag bag. Grand prize giveaway drawings every hour. Bring a friend and receive a free gift. RSVP on the website event, print your ticket, and bring it in to receive an additional free gift. Will be doing free facial analysis, mini-card readings and reiki consults. Free. Universal Energy Wellness Spa, 470 Forest Ave, Ste 22, Plymouth. 734-934-7271. For appt: UniversalEnergyWellness.com.

daily

Herbs for the Southeast Michigan Garden – Learn how to grow and use 20 culinary and medicinal herbs suited for the southeast Michigan garden. Will cover preservation techniques, basic medicine making and crafting herbal oils, poultices, infused honeys and vinegars plus more. Free. More info & register: CastleRemedies.podia.com.

Introduction to Homeopathy Class – Learn how to choose remedies and how to use them. Class contains nearly 4 hrs of pre-recorded videos. Downloadable resources. $75. More info & register: CastleRemedies.podia.com.

Holistic Health Consultation – Thru May. Online or phone consultation consultations last about 1 hr and are provided by Certified Xolar Vibronics Holistic Educator and Life Coach Ikaro Phoenix. Be introduced to various techniques, elements or holistic ways of viewing the situation which help the soul to be reeducated and empowered to deal with problems and eliminate them from their root. $150. For appt: 734-210-0463 or LivingWisdomCoaching.earth.

Holistic Health Consultation – 9am-7pm. Online or phone consultation consultations last about 1 hr and are provided by Certified Xolar Vibronics Holistic Educator and Life Coach Ikaro Phoenix. Be introduced to various techniques, elements or holistic ways of viewing the situation which help the soul to be reeducated and empowered to deal with problems and eliminate them from their root. $150. For appt: LivingWisdomCoaching.earth.

Pets & Parents Reiki Session – 9am-9pm. Sessions for wellness, critical care and end of life transition. Actively experience the use of reiki touch with your pet. Learn additional tips for helping your pet. Virtual 40-min appt. $20. 231-590-0001. tcdesoto@gmail.com.

The Best Affirmation for You – 10am. Learn about the power of affirmations and how they can bring about positive events and circumstances. Call for a 10-15-min consultation with a licensed professional counselor to pick the best affirmation for you. Purchase an affirmation stone to enhance what you are affirming in your life by having a visible reminder. Free. 734-644-6943. Harmony2c.com/affirmation-stones.

Tiny Lions Lounge & Adoption Center (TLC) – 12-7pm, Wed-Sun. Offers feline-friendly activities with kittens and cats available to take home. 5245 Jackson Rd, Ste A1, 734-661-3575. TinyLions.org.

weekly

Yoga with Crysterra Wellness – Variety of classes Tues-Thurs. Cost varies. For schedule & details: CrysterraWellness.com.

Stop Sabotaging Your Self-Care – Christy DeBurton will guide you on a journey of self-discovery to examine the obstacles that stand in the way of you taking better care of yourself. 4-wk self-paced online course. $79 (regular $149). Yoga Room, 889 Honey Creek Dr, Ann Arbor. Info@ChristyDebBurton.com. YogaRoomAnnArbor.com/online-courses-self-care.

sundays

Bach Flower Remedies Level 1 LiveWeb – 3rd Sun. Learn how to use the 38 Bach flower remedies to help yourself and others conquer fear, worry, overwhelm, low self-esteem, lack of focus, poor concentration, trouble sleeping and more. With Nancy Buono, BFCP, Director of Bach Flower Education. BachFlowerSchool.com.

Hudson Valley Humane Society Rescue Reading – 10am-12pm. Includes humane education lessons, group read-aloud and dog meet-and-greet. Drop-off event. $10; space limited. HSHV.org/RescueReading.

Online Meditation from Anywhere – 11am-12pm. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: CelesteZygmont2@yahoo.com or DeepSpring.org.

Sunday Talk with Demo Rinpoche – 11am-12pm. Jewel Heart Tibetan Buddhist Learning Center, 1129 Oak Valley Dr, Ann Arbor. 734-994-3387. JewelHeart.org.

Sunday Artisan Market – Thru Dec 17. 11am-4pm. Unique local arts and crafts. Meet the artists and support local art. Free parking. Farmers Market Pavilion, 315 Detroit St, Ann Arbor. Sunday ArtisanMarket.org.

Drop-In Tarot Study Group – 6:30-9pm. A drop-in group of tarot enthusiasts facilitated by Nicholas O'Donnell, using the Rider-Waite Tarot Deck. $15. Enlightened Soul Center & Shop, 2711 Carpenter Rd, Ann Arbor. 734-299-6472. NicksVictoryGardens@gmail.com. EnlightenedSoulCenter.com.

Inspiring Talk by Mata Yogananda – 7pm. Spiritual talk, pure meditation and silent prayer, with Winged Prayer for all in need at 9pm. Free. Self-Realization Meditation Healing Centre, 7187 Drumheller, Bath. 517-641-6201. SelfRealization CentreMichigan.org.

mondays

Weekday Morning Online Meditation – Mon-Fri. 7:30-8am. Insight Meditation Ann Arbor offers a 30-min online group sitting via Zoom. Free, donations gratefully accepted. InsightMeditationAnnArbor.org.

Beginner Tai Chi – 10-11:15am. A series of postures linked together in fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). $195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Soul Power Mystic Arts – 5pm. 2nd Mon & Wed. Re-claim the real you, hear your evolutionary calling, and cultivate the nature mystic within through four retreats, individual training, self-acceptance process, nature qigong, plant ally ceremonies, and body-ecology psychology. Sliding scale. Mother Bear Sanctuary, 20470 Barton, Pinckney. 734-796-6690. MotherBearSanctuary.com.

Meaningful Mondays – 8pm. SevaLight Retreat Centre warmly welcomes everyone, of all faiths, meditation practices and traditions, to join us virtually. Will gather on video conference sharing in song/chants and inspiring readings from Mata Yogananda Mahasaya Dharmaji's writings, followed by Pure Meditation and silent prayer. Free. Email by 10am any Monday to receive the info about how to join by video: Info@SelfRealizationCentreMichigan.org.

tuesdays

Senior Discount Tuesdays: Castle Remedies – Customers over the age of 65 can receive a 10% discount on their in-store purchases. In the Parkway Center, 2345 S Huron Pkwy, Ann Arbor. 734-973-8990. CastleRemedies.com.

Online Meditation from Anywhere – 9-9:30am. Building an international sangha by connecting loving hearts. Donations welcome. To receive a link: CelesteZygmont2@yahoo.com or DeepSpring.org.

Hypnotherapy – 9:30am-7pm, by appt. Also Wed. Cheryl Beshada teaches and specializes in personal empowerment, releasing blocks and patterns of negative behavior, higher self-communication. Free consultation. Warren. 586-899-9009.

wednesdays

Get the Most from Your DNA Test – 6-8pm. Learn what you can do with your results and what additional opportunities are available for discovering your genetic genealogy. Understand the science, how to find information and how to share that information. Course 39651. $59. Washtenaw Community College, 4800 E Huron River Dr, Ann Arbor. 734-677-5060. wccnet.edu/noncredit.

thursdays

Class Observation – 11-11:45am. Ann Arbor School of Massage, Herbal and Natural Medicine, 3684 W Liberty Rd, Ann Arbor. RSVP: 734-769-7794. NaturopathicSchoolOfAnnArbor.net.

Qigong: Basics – 11:15am-12:15pm. Class introduces participants to basic self-care stretches, breathing, meditations and self-acupressure for reducing muscle

tension, increasing mindfulness, and revitalization. $180. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Beginner Tai Chi – 6-7:15pm. A series of postures linked together in fluid manner. Focuses on relaxation in motion, balance and the mind/body connection. Can attend one or both sessions per week (Mon morning &/or Thurs evening). $195. Peaceful Dragon School, 1945 Pauline Blvd, Ste B, Ann Arbor. 734-741-0695. PeacefulDragonSchool.com.

Thursday Hills of Ann Arbor – 6:30pm. We ride some of the best hills A2 has to offer. A/B/C: 10-40 miles Start at Wheels in Motion, 3402 Washtenaw Ave Ann Arbor. WheelsInMotion.us.

Thursday Evening Silent Meditation – 6:30-8:15pm. With Insight Meditation Ann Arbor. Free, donations gratefully accepted. Zion Lutheran Church, 1501 W Liberty St, Ann Arbor. 734-994-4455. InsightMeditationAnnArbor.org.

Meditation Class – 7-8pm. Short lesson and meditation, followed by discussion with instructor Lori Barresi. Drop-in, every other Thur. $10. Enlightened Soul Center, 3820 Packard, Ste 280, Ann Arbor. 734-358-0218. EnlightenedSoulCenter.com.

fridays

Online: Prayer Power Hour – 12-12:30pm. Prayer changes things. Our goal is simple: to love you, pray for you, and introduce you to our loving Creator, the Great Healer. Free. Tinyurl.com/PrayerPowerHour.

Esoteric Tarot for Beginners – 7-8:30pm. Drop-in study group with Nick O'Donnell. Features the bare bones and basics of tarot symbolism to get you reading the cards immediately. Every class will explore the basics of 4 cards per session. $15 suggested donation. Enlightened Soul Center & Shop, 2711 Carpenter Rd, Ann Arbor. 734-358-0218. fb.me/e/2MeGXs0VE.

saturdays

Certified Hypnotherapists Education and Networking Meeting –9:30am-12pm. 1st Sat. Certified Hypnotherapists welcome. Includes educational presentation, workbook and digital material. Clinical Hypnosis Professional Group, Warren. Register: 586-899-9009.

Childbirth, Postpartum and Baby Classes – 6-7pm. Classes are held virtually online lead by our top AID instructors utilizing state of the art visual aids and activities to keep it fun and engaging while presenting the latest evidenced based material on each topic. $35/class. Childbirth-Classes.com.

classifieds

HELP WANTED

RELAXSTATION, VOTED A2'S BEST MASSAGE, IS HIRING! Our massage therapists earn $35K to $40K annually as W-2 employees for a 30-hour (including breaks) weekly schedule. New location on Packard Street between Argus Farm Stop and the Buddhist Temple offers traditional full body massage as well as fully clothed table massage, plus onsite chair massage at UT and local businesses. Free parking. Friendly, diverse and supportive community of co-workers. Relaxstation.com. Ask for Carrie, 734-623-1951.

OFFICE SPACE

ANN ARBOR THERAPIST SEEKING RESONANT PRACTITIONER to share newly decorated, warm and uplifting office in prime location with apple parking. Please contact Karen Kerr at 734-660-5610 or Karen8Kerr@gmail.com.

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ACUPUNCTURE

EMANUELE ACUPUNCTURE CENTER
2350 Washtenaw Ave, Ste 10, Ann Arbor
734-302-7300
EmanueleAcupuncture.com

Rosanne Emanuele is a licensed acupuncturist, certified by the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). Her acupuncture methods are the result of 25 years of full-time practice. Clients enjoy the results they achieve from her individually assessed treatments. Her easy friendly manner makes her skills seem casual and second nature. First-time patients are often thrilled by the lack of pain and the rapid improvement in their condition.

AROMATHERAPY

ROSY GLOW AROMATHERAPY
Margo Hertzfeld, Certified Aromatherapist
419-360-0169
RosyGlowWellness.com

Clinically certified aromatherapist offers holistic consultations with customized blends of professional quality essential oils. Trust Margo to help you understand the complicated world of aromatherapy. Her holistic approach can help you maximize your benefits from this powerful therapy and minimize side effects. Aromatherapy is a wonderful way to integrate natural healing into your life. Phone consultations are available.

BIOLOGICAL DENTIST

ANN ARBOR'S DENTIST
Dr. W. K. Dobracki, DDS
606 W Stadium Blvd, Ann Arbor, 48103
734-747-6400
DrDobracki@AnnArborsDentist.com
AnnArborsDentist.com

Passionate about holistic care while utilizing Bio-Compatible materials and lasers. Our patients can elect to be free from fluoride, mercury and other harmful metals. Filling materials are tooth colored and both BPA & Bis-GMA free. We offer natural oral health products using fine essential oils, and free of gluten and preservatives. *See ad page 3.*

CATERING/FOOD

CINNAHOLIC
121 E Liberty, Ann Arbor
734-707-1955
Info@CinnaholicAnnArbor.com
CinnaholicAnnArbor.com

Cinnaholic is a locally owned bakery specializing in custom gourmet cinnamon rolls and homemade cookie dough, brownies and cookies. We cater to any size event with customizable catering options. All our products are made with the highest quality ingredients and are 100% vegan. *See ad page 19.*

DETOX/COLONIC

INNERSPACE HOLISTIC
Brandy Boehmer, 734-709-8313
2350 Washtenaw Ave, Ste 14, Ann Arbor
InnerSpaceHolistic.com

Colon Therapy is the slow and gentle insertion of purified water into the colon (large intestine) for the cleansing of poisons, mucous and accumulated fecal matter. It is also used to stimulate the colon to recover its natural shape, tone, and peristaltic wave action. No chemicals or drugs are used—thus it is a safe, gentle, health-giving alternative. Brandy Boehmer is National Board Certified in colon hydrotherapy through the International Association for Colon Therapy.

EDUCATION

CONCORDIA UNIVERSITY
School of Pharmacy
Tinyurl.com/CUWonline

Earn your Master's in Natural Product Sciences with our 30-credit online program. This graduate degree, with concentrations in medical cannabis and nutraceuticals, can lead to jobs in health care, pharmacy research and development, manufacturing and business. *See ad page 24.*

HOLISTIC DOCTOR

DR. MALCOLM SICKELS, M.D.
210 Little Lake Dr, Ste 10, Ann Arbor
734-332-9936
DrSickels.com

Malcolm Sickels earned his M.D. from the University of Michigan, where he taught fellow medical students about different approaches to health. Board certified in Family Medicine and Holistic Medicine, he is in solo practice on the west side of Ann Arbor. Learn more at Dr. Sickels.com. *See ads, pages 7 and 8.*

HOLISTIC LIFE COACH

LIVING WISDOM - HOLISTIC EDUCATION AND COACHING IKARO PHOENIX
Ikaro@LivingWisdomCoaching.com
734-210-0463
LivingWisdomCoaching.Earth

Ikaro is a Certified Xolar Vibronics Life Coach and Holistic Health Educator with over 15 years experience. He offers consultations and sessions based on what is emerging from each individuals energy. Sessions are offered by phone/skype and in person when available. Contact to inquire more or schedule appointment. Thank you.

HOLISTIC MENTAL WELLNESS

CENTER FOR INTEGRATIVE COUNSELING
Karen Kerr, LMSW
2010 Hogback Road, Ste. 6E, Ann Arbor
(734) 660-5610
karen8kerr@gmail.com
karenpkerr.com

In offering a caring, collaborative and supportive experience, I draw upon a holistic approach with a rich variety of practices designed to deepen awareness, uplift mood, manage stress and develop a stronger sense of self-worth, purpose, connection and joy in life.

HOMEOPATHIC PHARMACY

CASTLE REMEDIES
2345 S. Huron Pkwy, Ann Arbor
In the Parkway Center
734-973-8990
CastleRemedies.com

Serving Michigan for nearly 40 years. Castle Remedies offers over 1,000 homeopathic remedies as well as herbs, essential oils, flower essences, books, unique gifts and jewelry. We carry top-tier nuitional supplement brands such as Metagenics, Ortho Molecular, Xymogen, Integrative Therapeutics, Karuna, NOW, and more. Classes available online. *See ad page 18.*

LIFE COACHING

LEAN INTO YOUR LIFE
LeanFowardLife@gmail.com
734-249-9948
LeanIntoYourLife.net

Gary Merel offers the tools needed to create the life you envision. He is an effective catalyst that will help you unravel your life's dilemmas. Gary will help you to ignite your innate wisdom enabling you to see a clear path for your life.

MOLD TESTING & REMEDIATION

MOLDPRO
John Du Bois, CMI, CMR
247 W. Main Street, Milan
734-439-8800 • MoldProllc.com

MoldPro offers chemical-free mold remediation, independent certified mold testing, inspection and consultation services all over SE Michigan specializing in mold biotoxin illness clients.

NATURE-ORIENTED MEETING SPACE

MICHIGAN FRIENDS CENTER AT FRIENDS LAKE COMMUNITY
7748 Clark Lake Road, Chelsea
734-475-1892
MFCenter.org/rent

We offer the holistic community a nature-oriented meeting space for workshops, meetings, counseling, yoga, youth groups and family gatherings. Main room accommodates 100 pre-COVID-19, with two smaller classrooms and kitchen facilities. Hiking trails. Weekend rates range from $200-$400, additional for extensive grounds use, camping. *See ad page 7.*

RELIEF FROM TRAUMA, ANXIETY & DEPRESSION

ACT ABSOLUTE CHOICES TODAY COUNSELING NANCY WARNARS, LPC
OperationAbleNancyW@gmail.com
248-845-0513
AbsoluteChoicesTherapy.com

Virtual Teletherapy for all ages. Immediate appointments available. Accepting most insurance. Office in East Lansing. Change happens when you take responsibility to create thinking that supports ways to feel better. Family of origin, groups and media can have a profound effect on your inner being. Letting go of the negativity is critical to co-create new pathways toward hope, peace and love for the life you have a choice to envision.

SCHOOL / EDUCATION

ANN ARBOR SCHOOL OF MASSAGE, HERBAL & NATURAL MEDICINE
734-769-7794
NSHAAssociates@gmail.com
NaturopathicSchoolOfAnnArbor.net

Massage therapy training is a one-year program that fulfills the 717-hour, state-licensed professional training with the required 80 hours of clinical internship. The rate for scheduled, Tuesday through Friday appointments at our student massage clinic is $50/hr. *See ad page 29.*

SMOKING CESSATION

FREE AT LAST! HYPNOSIS
Center - A Joyful Journey
734-883-8775

Stop smoking in one visit. Afraid it's going to be too painful or too difficult? Our unique specialized and proven system makes it easy. Become a happy and permanent non-smoker today. *See ad page 9.*

TAI CHI AND QIGONG

PEACEFUL DRAGON SCHOOL
1945 Pauline Blvd, Ste B, Ann Arbor
734-741-0695
PeacefulDragonSchool.com

Tai chi promotes relaxation, is a meditation in motion and is known for increasing balance. Qigong means energy work. This class includes stretching, meditation and self-acupressure.

WEIGHT LOSS

FREE AT LAST! HYPNOSIS CENTER - A JOYFUL JOURNEY
734-883-8775

Lose weight now with hypnosis. Achieve permanent positive life and habit changes through our safe, rapid and effective system. Tap the potential of your mind to create the health and vitality you've always wanted. *See ad page 9.*

WELLNESS CENTERS

CRYSTERRA WELLNESS
3173 Baker Rd, Dexter
734-649-1849
CrysterraWellness.com

Ancient inspirations for modern well-being. Supporting you and your wellness journey every step of the way with reflexology, reiki, lithography and yoga.

THRIVE! WELLNESS CENTER
148 S. Industrial Dr. Saline
734-470-6766
Thrive-Wellness-Center.com

thrive! Wellness Center

Shannon Roznay, DC, specializes in Nutrition Response Testing and Activator Chiropractic. Thrive! also carries natural foods, skin and home products. *See ad page 15.*

WOMEN-ONLY MASSAGE

SHER
734-239-3344
SherAnnWells@icloud.com

Draped relaxation massage $85 per hour, includes hot towels. Full coverage massage for relaxation and sexual abuse healing (This is NOT an internal or sexual experience). Draped $110 per hour. Undraped $160 per hour. I'm open for conversation.

WYCOFF WELLNESS

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- IV Therapy
- Ozone Therapy
- Colon Hydrotherapy
- & More!

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East Lansing | Michigan

www.wycoffwellness.com

OFFICE HOURS:
Monday-Thursday: 8 AM to 5 PM
Fridays: 7 AM to Noon

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517-333-7370 or 800-471-0255

Dr. John Wycoff

"We are comitted to finding the CAUSES of your symptoms; not just treating your symptoms."